SUMMARY REPORT

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION TASK FORCE ON MULTI-SPORT PARTICIPATION MULTI-SPORT PARTICIPATION SURVEY

2022-23 School Year

Introduction:

With the rise of overuse injuries and burnout among young athletes that tend to cause a lifetime of chronic injuries and related health problems, early sport specialization has become one of the most serious issues related to health and safety in all youth sports. In early 2016, the Michigan High School Athletic Association appointed the Task Force on Multi-Sport Participation as part of continued efforts to promote and protect participant health and work to address the issues leading to early sport specialization.

The MHSAA Task Force on Multi-Sport Participation has undertaken the initiative of measuring multi-sport participation in MHSAA member schools for the dual purposes of identifying significant broad themes and recognizing "achievers" – that is, schools that surpass the norm given their enrollment, location, and other factors that affect school sports participation. Identifying schools with high levels of multi-sport participation, as well as trends, and questions that might be researched will help point school-sponsored sports leadership toward policies, procedures, and programming that will tend to increase multi-sport participation and improve the experience of students in interscholastic athletic programs of Michigan and beyond.

With data not collected for the 2019-20 school year because of the COVID-19 pandemic, the Spring of 2023 marked the fifth year of data collection on multi-sport participation among athletes at MHSAA member schools. As done previously, all 750 MHSAA member schools were surveyed regarding multi-sport participation among their athletes – schools were simply asked to identify the total number of individuals who were members of athletic teams in MSHAA-sponsored sports and the number of those athletes who participated in more than one MHSAA sponsored sport. As in the previous years, the 2022-23 survey also asked specifically how many sports each athlete played. This summary is based on usable data from the 630 schools responding to the survey.

Observations:

- Overall response rate was 85.2% (Table 1). This is consistent with the 85.0% response rate for 2021-22, 81.5% response rate for 2020-21, 82.9% response rate for 2018-19 and the 79.9% response rate for 2017-18.
- As observed in the first four years of data collection, smaller schools tend to have a higher percentage of their students participating in athletics. This tendency not only holds across classes (Table 2), but also across different enrollments within Class A (Table 5).
- Similarly, smaller schools tend to have a higher percentage of athletes participating on multiple sports teams. This tendency not only holds across classes (Table 3), but also across different enrollments within Class A (Table 6).
- The percentage of athletes participating in multiple sports is higher among boys than girls – this holds across all classes (Table 3) and different enrollments within Class A (Table 6).

 The percentage of athletes participating in multiple sports has remained consistent across all classes over the three years data has been collected:

CLASS	2017-18	2018-19	2020-21	2021-22	2022-23
А	35.9%	35.4%	36.4%	36.7%	36.9%
В	46.7%	48.7%	48.4%	49.5%	49.6%
С	55.2%	56.7%	57.3%	58.3%	59.0%
D	58.1%	61.8%	62.9%	60.8%	62.5%

- Table 4 shows how many sports athletes participated in during the 2022-23 school year. These data support the tendencies described above. Schools with larger enrollments tend to have a higher percentage of single-sport athletes, and the percentage of single sport athletes is higher among girls than boys.
- The percentage of 2 sport athletes is somewhat similar among all classes approximately one-third of athletes participate in two sports (Table 4).
- There is a significant difference in the percentage of 3 sport athletes between classes schools with lower enrollments have a much higher percentage of athletes participating in 3 sports (Table 4).
- Three schools have appeared in the top 10% of their class for multi-sport participation four times:

School									
Battle Creek Harper Creek	Α	2017-18	2018-19	2020-21	2022-23				
Detroit Cody	A/B	2017-18	2018-19	2021-22	2022-23				
Grand Rapids Northview	Α	2017-18	2018-19	2020-21	2022-23				

 Several schools have appeared in the top 10% of their class for multi-sport participation three times:

School	Class		Years in Top 2	10%
Athens	D	2017-18	2018-19	2020-21
Decatur	C	2018-19	2020-21	2022-23
Detroit Douglass	D	2018-19	2021-22	2022-23
East Grand Rapids	A	2020-21	2021-22	2022-23
Gibraltar Carlson	A	2018-19	2020-21	2021-22
Hamtramck	A	2018-19	2020-21	2021-22
Hillsdale Academy	D	2020-21	2021-22	2022-23
Holland Calvary	D	2020-21	2021-22	2022-23
Kinross Maplewood Baptist	D	2017-18	2018-19	2021-22
Livonia Franklin	A	2018-19	2021-22	2022-23
Manton	C	2018-19	2020-21	2022-23
Marquette	A	2017-18	2018-19	2022-23
New Baltimore Anchor Bay	A	2017-18	2018-19	2020-21
Ovid-Elsie	В	2018-19	2020-21	2021-22
Parma Western	A	2018-19	2021-22	2022-23
Warren Fitzgerald	А	2020-21	2021-22	2022-23
Warren Lincoln	В	2017-18	2018-19	2022-23
Warren Michigan Collegiate	В	2020-21	2021-22	2022-23

Survey Data:

Table 1. Multi-Sport Participation Survey Responses by Class

	Class A	Class B	Class C	Class D	Combined
Number of schools surveyed	187	188	187	188	750
Number of responding schools*	161	165	158	155	639
Response rate (# surveyed / # responding)	86.1%	87.8%	84.5%	82.4%	85.2%

*The term "responding schools" refers to schools submitting surveys with usable data – 647 schools submitted responses, but data from 28 schools that was clearly inaccurate based on the size of the school was excluded from analysis, as it would have skewed the data. From this point forward, in order to avoid needless repetition, "responding schools" will just be referred to as "schools".

Table 2. Sport Participation among General Student Population by Class and Gender – (%) of Student Enrollment (Total # Athletes / Total # Students Enrolled)

		Class A		Class B				Class C			Class D			Classes Combined		
Gender	Total Athletes	Student Enrollment	%													
Boys	44,872	105,771	42.4%	21,381	44,022	48.6%	10,715	20,688	51.8%	4,447	8,153	54.5%	81,415	178,634	45.6%	
Girls	35,046	101,124	34.7%	17,661	42,660	41.4%	9,082	19,798	45.9%	3,937	7,665	51.4%	65,726	171,247	38.4%	
Combined	79,918	206,895	38.6%	39,042	86,682	45.0%	19,797	40,486	48.9%	8,384	15,818	53.0%	147,141	349,881	42.1%	

		Class A		Class B			Class C			Class D			Classes Combined		
Gender	# Multi- Sport Athletes	Total Athletes	%												
Boys	17,801	44,872	39.7%	11,437	21,381	53.5%	6,587	10,715	61.5%	2,810	4,447	63.2%	38,635	81,415	47.5%
Girls	11,651	35,046	33.2%	7,925	17,661	44.9%	5,103	9,082	56.2%	2,430	3,937	61.7%	27,109	65,726	41.2%
Combined	29,452	79,918	36.9%	19,362	39,042	49.6%	11,690	19,797	59.0%	5,240	8,384	62.5%	65,744	147,141	44.7%

Table 3. Multi-Sport Participation among Athlete Population by Class and Gender – (%) of Athlete Population (# of Multi-Sport Athletes / Total # Athletes)

Table 4. Number of Sports Played among Athlete Population by Class and Gender - (%) of Athlete Population (# of athletes participating in that number of sports / total # of athletes)

				(Class A						
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	44,872	27,071	60.3%	13,870	30.9%	3,824	8.5%	107	0.2%	17,801	39.7%
Girls	35,046	23,395	66.8%	9,458	27.0%	2,077	5.9%	116	0.3%	11,651	33.2%
Combined	79,918	50,466	63.1%	23,328	29.2%	5,901	7.4%	223	0.3%	29,452	36.9%
				(Class B						
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	21,381	9,944	46.5%	7,947	37.2%	3,327	15.6%	163	0.8%	11,437	53.5%
Girls	17,661	9,736	55.1%	5,926	33.6%	1,879	10.6%	120	0.7%	7,925	44.9%
Combined	39,042	19,680	50.4%	13,873	35.5%	5,206	13.3%	283	0.7%	19,362	49.6%
				(Class C						
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	10,715	4,128	38.5%	3,856	36.0%	2,377	22.2%	354	3.3%	6,587	61.5%
Girls	9,082	3,979	43.8%	3,228	35.5%	1,646	18.1%	229	2.5%	5,103	56.2%
Combined	19,797	8,107	41.0%	7,084	35.8%	4,023	20.3%	583	2.9%	11,690	59.0%
				(Class D						
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	4,447	1,633	36.7%	1,553	34.9%	1,034	23.3%	223	5.0%	2,810	63.2%
Girls	3,937	1,507	38.3%	1,340	34.0%	873	22.2%	217	5.5%	2,430	61.7%
Combined	8,384	3,140	37.5%	2,893	34.5%	1,907	22.7%	440	5.2%	5,240	62.5%
				Classe	es Comb	ined					
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	81,415	42,776	52.5%	27,226	33.4%	10,562	13.0%	847	1.0%	38,635	47.5%
Girls	65,726	38,617	58.8%	19,952	30.4%	6,475	9.9%	682	1.0%	27,109	41.2%
Combined	147,141	81,393	55.3%	47,178	32.1%	17,037	11.6%	1,529	1.0%	65,744	44.7%

Table 5. Sport Participation among General Student Population at Class A Schools by Enrollment and Gender – (%) of Student
Enrollment (Total # Athletes / Total # Students Enrolled)

	Enrollm	ent less th	an 1,000	Enrollment 1,000-1,500			Enrolln	nent 1,501	-2,000	Enroll	ment over	2,000	All Class A Combined		
Gender	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%
Boys	9,268	19,714	47.0%	16,750	39,522	42.4%	10,946	27,992	39.1%	7,908	18,543	42.6%	44,872	105,771	42.4%
Girls	6,316	16,971	37.2%	13,593	38,237	35.5%	9,005	27,123	33.2%	6,132	18,793	32.6%	35,046	101,124	34.7%
Combined	15,584	36,685	42.5%	30,343	77,759	39.0%	19,951	55,115	36.2%	14,040	37,336	37.6%	79,918	206,895	38.6%

Table 6. Multi-Sport Participation among Athlete Population at Class A Schools by Class and Gender – (%) of Athlete Population (# of Multi-Sport Athletes / Total # Athletes)

	Enrollme	ent less th	an 1,000	Enrollme	ent 1,000	-1,500	Enrollment 1,501-2,000			Enrollment over 2,000			All Class A Combined		
Gender	# Multi- Sport Athletes	Total Athletes	%	# Multi- Sport Athletes	Total Athletes	%	# Multi- Sport Athletes	Total Athletes	%	# Multi- Sport Athletes	Total Athletes	%	# Multi- Sport Athletes	Student Enrollment	%
Boys	4,338	9,268	46.8%	7,220	16,750	43.1%	3,860	10,946	35.3%	2,383	7,908	30.1%	17,801	44,872	39.7%
Girls	2,674	6,316	42.3%	4,858	13,593	35.7%	2,597	9,005	28.8%	1,522	6,132	24.8%	11,651	35,046	33.2%
Combined	7,012	15,584	45.0%	12,078	30,343	39.8%	6,457	19,951	32.4%	3,905	14,040	27.8%	29,452	79,918	36.9%

Table 7. Top 10% of Class A Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi-Sport Athletes	% Multi- Sport Boy Athletes	Total Girl Athletes	# Girl Multi- Sport Athletes	% Multi- Sport Girl Athletes	Total Athletes	Total Multi- Sport Athletes	% Multi- Sport Athletes
1	Sterling Heights	149	124	83.2%	131	116	88.5%	280	240	85.7%
2	Grand Rapids Union	288	246	85.4%	181	148	81.8%	469	394	84.0%
3	Livonia Franklin	277	205	74.0%	228	164	71.9%	505	369	73.1%
4	Battle Creek Harper Creek	248	173	69.8%	188	138	73.4%	436	311	71.3%
5	Flint Southwestern	52	35	67.3%	31	22	71.0%	83	57	68.7%
6	Grand Rapids Northview	293	201	68.6%	252	165	65.5%	545	366	67.2%
7	Parma Western	251	193	76.9%	246	117	47.6%	497	310	62.4%
8	Portage Northern	418	281	67.2%	296	150	50.7%	714	431	60.4%
9	East Grand Rapids	291	179	61.5%	232	112	48.3%	523	291	55.6%
10	Flint Kearsley	260	145	55.8%	265	145	54.7%	525	290	55.2%
11	Detroit Cass Tech	382	207	54.2%	229	122	53.3%	611	329	53.8%
12	Bay City Central	185	102	55.1%	165	86	52.1%	350	188	53.7%
13	Warren Fitzgerald	177	95	53.7%	133	66	49.6%	310	161	51.9%
14	Bloomfield Hills Brother Rice	412	213	51.7%	0	0	0.0%	412	213	51.7%
15	Marquette	252	135	53.6%	223	110	49.3%	475	245	51.6%

Table 8. Top 10% of Class B Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi- Sport Athletes	% Multi- Sport Boy Athletes	Total Girl Athletes	# Girl Multi-Sport Athletes	% Multi- Sport Girl Athletes	Total Athletes	Total Multi-Sport Athletes	% Multi- Sport Athletes
1	Warren Michigan Collegiate	80	70	87.5%	55	45	81.8%	135	115	85.2%
2	Detroit Cody	110	100	90.9%	80	60	75.0%	190	160	84.2%
3	Battle Creek Pennfield	279	221	79.2%	197	167	84.8%	476	388	81.5%
4	Mason County Central	74	55	74.3%	71	54	76.1%	145	109	75.2%
5	Manistee	111	88	79.3%	127	90	70.9%	238	178	74.8%
6	Constantine	106	81	76.4%	49	34	69.4%	155	115	74.2%
7	Three Rivers	265	199	75.1%	230	156	67.8%	495	355	71.7%
8	Dowagiac	90	66	73.3%	89	62	69.7%	179	128	71.5%
9	Reed City	89	68	76.4%	53	33	62.3%	142	101	71.1%
10	Detroit Mumford	82	54	65.9%	46	36	78.3%	128	90	70.3%
11	Mt Morris	98	65	66.3%	59	40	67.8%	157	105	66.9%
12	St Clair Shores South Lake	91	55	60.4%	101	71	70.3%	192	126	65.6%
13	Onsted	105	74	70.5%	79	46	58.2%	184	120	65.2%
14	Chesaning	116	70	60.3%	82	55	67.1%	198	125	63.1%
15	Clare	159	107	67.3%	113	60	53.1%	272	167	61.4%

Table 9. Top 10% of Class C Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi-Sport Athletes	% Multi- Sport Boy Athletes	Total Girl Athletes	# Girl Multi- Sport Athletes	% Multi- Sport Girl Athletes	Total Athletes	Total Multi- Sport Athletes	% Multi- Sport Athletes
1	Jackson Lumen Christi	136	130	95.6%	103	91	88.3%	239	221	92.5%
2	Delton Kellogg	60	56	93.3%	57	52	91.2%	117	108	92.3%
3	Decatur	45	38	84.4%	42	37	88.1%	87	75	86.2%
4	Muskegon Western Michigan Christian	85	75	88.2%	71	56	78.9%	156	131	84.0%
5	Indian River Inland Lakes	34	29	85.3%	38	31	81.6%	72	60	83.3%
6	Detroit Crockett Midtown Science & Medicine	55	45	81.8%	30	25	83.3%	85	70	82.4%
7	Martin	69	57	82.6%	55	43	78.2%	124	100	80.6%
8	LeRoy Pine River	40	35	87.5%	45	33	73.3%	85	68	80.0%
9	Manton	72	58	80.6%	62	46	74.2%	134	104	77.6%
10	Potterville	68	48	70.6%	63	53	84.1%	131	101	77.1%
11	Ironwood	47	40	85.1%	69	49	71.0%	116	89	76.7%
12	Detroit Community	85	63	74.1%	31	26	83.9%	116	89	76.7%
13	Ottawa Lake Whiteford	55	44	80.0%	47	34	72.3%	102	78	76.5%
14	Shelby	130	100	76.9%	115	85	73.9%	245	185	75.5%
15	Manchester	91	69	75.8%	66	48	72.7%	157	117	74.5%

Table 10. Top 10% of Class D Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi- Sport Athletes	% Multi- Sport Boy Athletes	Total Girl Athletes	# Girl Multi- Sport Athletes	% Multi- Sport Girl Athletes	Total Athletes	Total Multi- Sport Athletes	% Multi- Sport Athletes
1	Coldwater Pansophia Academy	10	10	100.0%	10	10	100.0%	20	20	100.0%
2	Carney-Nadeau	34	32	94.1%	33	31	93.9%	67	63	94.0%
3	Brighton Livingston Christian	23	22	95.7%	22	18	81.8%	45	40	88.9%
4	Carsonville-Port Sanilac	29	26	89.7%	15	13	86.7%	44	39	88.6%
5	Holland Calvary	7	7	100.0%	16	13	81.3%	23	20	87.0%
6	Lake Leelanau St Mary	19	17	89.5%	17	14	82.4%	36	31	86.1%
7	Manistee Catholic Central	11	10	90.9%	10	8	80.0%	21	18	85.7%
8	Mackinac Island	11	9	81.8%	9	8	88.9%	20	17	85.0%
9	Bloomfield Hills Academy of the Sacred Heart	0	0	0%	59	50	84.7%	59	50	84.7%
10	Westland Hope Christian Academy	24	19	79.2%	15	14	93.3%	39	33	84.6%
11	Mount Pleasant Sacred Heart	36	33	91.7%	34	26	76.5%	70	59	84.3%
12	Atlanta	17	15	88.2%	20	16	80.0%	37	31	83.8%
13	Hillsdale Academy	46	36	78.3%	48	41	85.4%	94	77	81.9%
14	Detroit Douglass	31	25	80.6%	0	0	#DIV/0!	31	25	80.6%